



10 THINGS YOU CAN DO TO PREPARE FOR RETURNING TO SCHOOL

1 Practice Hand Hygiene often throughout the day. Teach your child to sing their ABCs or have them count for at least 20 seconds ensuring they wash front, back, and in-between their fingers.



6 Update Required Immunizations for the school year. Contact your child's pediatrician or Health Department for an appointment.



2 Practice Putting Mask On/Off. Your child will be required to wear a mask during the 2020-2021 school year. Teach them to cover their mouth and nose, and not to touch the inside of their mask when taking it off.



7 Change Asthma/Aerosolized Medications. Nebulizers and inhalers without a chamber cannot be administered in school. Speak with your child's pediatrician to obtain the proper equipment and to update their Asthma Action Plan.



3 Practice Six Feet of Distance. Measure the distance on the floor. Consider temporary visuals, like laying pieces of paper or tape on the ground.



8 Consider Purchasing a Reusable Water Bottle to be labeled and brought to school. Water fountains will not be in-service.



4 Practice Using a Thermometer Daily. Check your child's temperature every morning. If 100.0F or higher, they must stay home for a minimum of 24 hours (without fever reducing medication). Please report to the attendance line.



9 Verify/Update Emergency Contacts. If your child presents with COVID-like symptoms, they will need to be picked up immediately. Please ensure all contacts can be reached at any given time and are able to pick up your child.



5 Make/Purchase Masks. Consider making or buying multiple masks to give you proper time to wash them between use. The district will provide two reusable masks per student.



10 Stay Informed. Use reliable sources to educate yourself and your family such as the CDC, Missouri Department of Health, and the Maplewood Richmond Heights School District website.

